

CURRICULUM OBJECTIVES

I. Family issues:

A. Who am I?

Objectives:

- (a) To explore the elements of life experiences that prepare participant to be a father.
- (b) To identify the learned behaviors that need to be reinforced or changed in order to become an effective father.
- (c) To help each participant identify his culture, its unique qualities, and its influence on his life.

B. Value identification.

Objectives:

- (a) To allow a process through which participant will discover his values and beliefs about individual worth, sense of being, family concept, and behavioral patterns and how this information is transmitted from parent to child.
- (b) To address cultural variations in value patterns.

C. What is family?

Objectives:

- (a) To address the variety of definitions used to describe a family.
- (b) To teach participant that families are a group of individuals who form a cohesive relationship.
- (c) To identify variations in family definitions according to culture.

D. Roles and responsibilities of parenting (modeling).

Objectives:

- (a) To help participant understand that parental behavior impacts values whether intended or not.
- (b) To explore the range of family roles, particularly as they differ from one culture to another.

I. Family issues: (Cont.)

E. Cross-generation issues (differences; positive and negative).

Objectives:

- (a) To explore the consequences of child rearing by grandparents.
- (b) To identify cultural variations in how we relate to generation differences within participant's family and those cultures not represented in the classroom.

F. "Love" means communicating by doing.

Objectives:

- (a) To focus on teaching the importance of positive communication in fostering a loving and caring environment for the child and its parents.
- (b) Assist the participants to openly express thoughts and feelings on a variety of levels: parent to parent, parent to child, child to child.
- (c) To address cultural variations in communication patterns.

G. Domestic violence: modeling teaches violence.

Objectives:

- (a) To focus on physical, mental and emotional violence against significant others and children and how it breaks down a wholesome domestic environment.
- (b) To explore power and control, role modeling and low self esteem, and stress management, etc. as contributors to domestic violence.
- (c) To explore culturally relevant variations on accepted mores and norms and then offer socially appropriate alternatives for discussion.

II. Human Growth and Development (Physical, Social, & Emotional):

"Human growth and development" will cover the stages and elements of the physical, social and emotional development of children. Fathers need opportunities, information, and encouragement to establish an identity as a nurturing caretaker of the child. The following sub-headings encompass stages of cognitive and affective development. Teachers are encouraged to interweave all three spheres of development (physical, social, and emotional) and their milestones and include the inherent development of the care giver himself. It is also important that the concept of motor, adaptive, language, personal, and social milestones be explained as merely guidelines for measuring development.

A. Pregnancy.

Objective: To cover the following sub-headings: prenatal care; prenatal communication; prenatal infant growth; danger signs; support for the mother; sibling adjustment; dad's feelings; etc.

B. Birth.

Objective: To cover the following sub-headings: child birth itself; dad's role; mom's physical recovery; family bonding; sibling adjustment; etc.

C. Infancy (0-12 months).

Objective: To cover the following sub-headings: physical needs; milestones; bonding and nurturing; siblings; circumcision; etc.

D. Toddlers/Preschool (1-5 years).

Objective: To cover the following sub-headings: physical needs; sexual/physical self exploration; siblings; initiation of social training; milestones; bonding and nurturing; etc.

E. Kindergarten/Early school years (5-11 years).

Objective: To cover the following sub-headings: physical needs; milestones; bonding and nurturing; peer group influence; dad's role in education; sexual/physical curiosity with peers.

F. Pre-adolescence through adolescence (11-17 years).

Objective: To cover the following sub-headings: physical needs; milestones; peer group influence; separation and individuation; puberty;

dating/sex education; masturbation; dad's role in education; bonding and nurturing.

II. Human Growth and Development (Physical, Social, & Emotional): (Cont.)

G. Exploring discipline.

Objectives:

(a) To teach participants a variety of socially acceptable and age appropriate behavior modification techniques; approaches and methods emphasizing child emotional and physical abuse prevention.

(b) To address the issue of physical punishment and child abuse laws.

(c) To explore and discuss cultural and individual differences in discipline techniques and help each participant make choices as to the disciplinary method he will use with his children.

III. Health Issues

A. Sexuality.

Objective:

To teach the participant to identify issues and share information with his children about human sexual development. The teacher shall facilitate discussions of these issues in an unbiased and culturally sensitive manner incorporating facts with participant input.

B. Child care/baby sitters.

Objective:

To identify qualities and guidelines for locating and enlisting child care. Issues such as safety, dependability, and quality of care shall be addressed. The teacher should lead a discussion of cultural issues in choosing a child care provider.

C. Prenatal Care.

Objectives:

(a) To address and discuss the health issues surrounding lifestyle choices prior to, during, and after pregnancy, e.g. nutrition, well baby medical visits, substance usage, child birth preparation, circumcision, and breast feeding.

(b) Keep in mind the culturally sensitive nature of this subject.

III. Health Issues (Cont.)

D. Administering first aid.

Objectives:

(a) To provide practical "hands on" experience in basic American Red Cross first aid.

(b) To discuss traditional family remedies in the context of cultural significance.

E. Drug exposed infant.

Objective:

To explore the effects of parental substance use in fetal and infant.

F. Nutrition.

Objectives: (With cultural differences of food selection in mind)

(a) To provide basic nutrition training.

(b) To discuss the effects of malnutrition on the unborn and young child.

G. Family cleanliness.

Objectives:

(a) To familiarize participant with the importance of infant cleanliness and the products available.

(b) To teach importance of parental modeling of proper hygiene.

H. Exceptional children: (disabled or gifted).

Objectives:

(a) To expose participants to the possibility of rearing children with special needs.

(b) To address cultural differences in the treatment and acceptance of exceptional children.

III. Health Issues (Cont.)

I. Supervision and safety.

Objectives:

(a) To identify those parts of everyday life that create hazardous situations for children. Discussions should cover: home safety; playground safety; poison control; car seats; weapons, drugs, and alcohol and other potentially dangerous items and situations.

(b) To discuss culturally unique activities or household items that may pose a risk to a child.

V. Incarceration and Beyond

A. Impact of incarceration on the family.

Objectives:

(a) To discuss and identify the events (developmental or otherwise) that have been missed by the father, and what impact his absence has had on himself and the family unit.

(b) To address the cultural systems that help hold the family together and ultimately raise the child, e. g., extended family.

B. Family Planning.

Objective:

To facilitate a discussion of the following issues in an unbiased and culturally sensitive manner incorporating the facts with participant input:

(1) Joint commitment and responsibility necessary for planning and maintaining a healthy family.

(2) Sex education.

(3) Contraception.

(4) Safe sex.

(5) Adoption, and adoption information.

V. Incarceration and Beyond (Cont.)

C. Sexuality.

Objective:

To teach participant to identify issues and share information with his children about human sexual development. The teacher shall facilitate discussions of these issues in an unbiased and culturally sensitive manner incorporating facts with participant input.

D. Child care/baby sitters.

Objective:

To identify qualities and guidelines for locating and enlisting child care. Issues such as safety, dependability, and quality of care shall be addressed. The teacher should lead a discussion of cultural issues in choosing a child care provider.

E. Legal Rights and Responsibilities.

Objectives:

(a) To provide information concerning the legal rights and responsibilities of parents.

(b) To provide information about coping with other father figures in spousal abuse laws.

F. Long range life goals for parent(s) and family.

Objective:

To help participants write realistic life goals for parenting and family living.

G. Family support resources.

Objectives:

(a) To provide a working list of community resources sensitive to the participant's community of origin, ethnic and cultural background. Emphasis will be placed on "working the system" with the goal of gaining access to the available sources .

(b) To conduct exercises that develop participant skills in letter writing, phone directory use, and personal presentation before agency personnel.

- (c) To teach the above objective in an effort to identify and overcome any cultural distrust of community agencies.

V. Incarceration and Beyond (Cont.)

H. Transition from father to "Dad".

Objectives:

(a) To emphasize the difference between fathering a child and raising a child; being a DAD.

(b) To remind participants that we all are encased in culture and we must be conscious of this impact in our everyday living.